

Food for Thought

Metro-Erie Meals On Wheels / (814) 452-6930 / www.MealsOnWheelsErie.org

Bizzard Bags Are Being Delivered This Week

New this year for our clients are Blizzard Bags...eight pounds of Emergency Food in the very rare case where weather prevents us from delivering or prevents our kitchens from making meals.

Many weather events around the country and, indeed, high snowfall and high winds in our own backyard, prompted us to expand our mission this year to help our clients in an emergency.

Metro-Erie Meals on Wheels collaborated with The Second Harvest Food Bank to



purchase these bags for 62 cents per pound. Over 330 bags were assembled by their volunteers (some are shown here).



This week's volunteers will deliver no more than five bags each as we distribute all this week.

We intend to continue this program each year from now on but future distributions will occur in January (now that SHFB can better anticipate our needs).

One client, Sharon Dunfee, called to say, "I wanted to thank Meals On Wheels for my Blizzard Bag. That was really, really nice."

Welcome New Volunteers

Mike Keblish — Retired from the military, Mike will be delivering Route 9B on Tuesdays while our regular volunteers on that route are snowbirds. After that he will adopt another route or even deliver a new route.

Thanks for all our volunteers for braving the bitter cold, snow and wind lately. Whew!



We  Our
Volunteers

Custom designed driving maps with turn-by-turn driving directions are available now! The fastest way around your route. Call us at 452-6930 to get yours.

Metro-Erie Meals On Wheels

1128 State Street

Suite 317

Erie, PA 16501

(Citizens Bank building)

8AM to 4PM

office (814) 452.6930

fax (814) 452.6931

*Sign up to get this newsletter
by email at*

www.MealsOnWheelsErie.org

Email us anytime

info@mealsonwheelserie.org

Terry Pytlarz, Executive Director:

terry@mealsonwheelserie.org

Wendy Bowen, Volunteer and

Billing Coordinator:

wendy@mealsonwheelserie.org



Find us on
Facebook

[www.facebook.com/
MetroErieMealsOnWheels](http://www.facebook.com/MetroErieMealsOnWheels)

A hearty **Thank You**
to Volunteer
Rodney Williams
who made our
GECAC window
sign at a reduced
price!

WE ARE
Meals On Wheels
So no senior goes hungry™

You Can Donate Your Vehicle

You've heard
about this
being done
elsewhere. Now it's
coming to Metro-
Erie Meals On
Wheels!

**DONATE YOUR
CAR TO
MEALS ON
WHEELS**



This new program
offers fast and free
processing, pickup,
towing, and sale. Plus, your
donation is tax deductible to the
extent allowed by law.

You can donate your vehicle—no
matter what shape it's in—and
help us continue our mission to
offer hot, nutritious meals to
seniors and persons with
disabilities who are at risk of
hunger.

It couldn't be easier:

With your car title in hand

call 1-888-669-5271

and speak to a card donation
specialist.

Or go to our website for a link to
our web-based fill-in form!



In the
Spotlight

CARIE Helps Seniors

The Center for Advocacy for the Rights and Interests of the Elderly
(CARIE) is a non-profit organization, based in Philadelphia, that has
been dedicated to improving the
quality of life for vulnerable older
people since 1977.



CARIE fulfills its core mission to
improve the well being, rights and
autonomy of older persons through

advocacy, education, and action through a "case to cause" model of
advocacy that serves to promote equal access to justice and addresses
problems and issues on both the individual and the systemic levels.

One program, among many, is the Pennsylvania
Senior Medicare Patrol (SMP), produces the
SCAM WIRE alerts we have posted online.



Other advocacy programs concern Long Term
Care, Transportation Resolution, Abuse
Prevention and Ethics Education related to the rights of older persons.

Check out their comprehensive website at www.carie.org.